

5 Common meditation distractions and how to deal with them

February 2, 2016 by [amit](#)



meditation can be a tricky affair at times because **mind tries its best to distract you from meditation**. the more you go deeper in [meditation](#), the more you become free from conditioning of the mind. the hold of mind on you becomes less as your meditation deepens.

so mind tries everything to distract you. its not only the mind, at times even the body might not cooperate with you. all this is common in meditation. in fact whether you walk on spiritual path or in the materialistic world, distractions and obstructions are always there. you have to overcome them to achieve success. so don't worry about them and instead focus your energy on going deeper in meditation.

5 meditation distractions and how to deal with them:

1. body pain

during meditation practice many times you experience body pain or you feel like itching or you feel that some insect is walking on your back. just witness all this. soon it will be over. however if the pain

becomes too much to bear then just adjust your meditation posture consciously to make yourself comfortable and continue the meditation practice. you can check this post on [how to deal with body pain during meditation](#) to know in detail.

2. too much thoughts in the mind

for beginners it is very common. when they start meditation practice they feel that they are having too many thoughts in the mind. they think that thoughts have increased after they started practicing meditation. this create lot of worry and doubt in their mind. but the truth is that these thoughts were always there in the mind. it is just that now you are becoming aware or conscious of them. so just [witness the thoughts](#). as your witnessing will deepen, there will be less and less thoughts in the mind. more conscious you become, lesser will be the thoughts.

3. boredom

you can feel bored during meditation session. it won't be you who is getting bored but its your mind who gets bored. mind always likes new experiences. it gets bored easily. so remember this difference clearly and don't identify with the idea that you are getting bored. witness this phase of boredom. let it be there. don't fight with it. instead use it to [develop your witnessing center](#). in life, nothing last for ever. so use every opportunity to deepen your [witnessing](#).

4. restlessness

it could happen because of many reasons like your energy is changing or you are witnessing some unpleasant thoughts or your body-mind mechanism is losing control over you so it is creating this feeling.

so don't worry about it. keep on witnessing your thoughts and soon this restlessness emotion will disappear. do the same when you experience other unpleasant emotions also. in meditation you have to be a [witness of every emotion](#). don't differentiate them as good or bad emotions.

5. sleepiness

i have felt sleepy so many times during meditation practice. it is quite common and more applicable to sitting meditation practices. one of the easiest solution to this is to practice vipassana walk or mindfulness in walking. whenever you feel sleepy then don't stop the practice. instead get up and walk slowly but consciously. it is said that gautam buddha used to practice sitting vipassana meditation and then walking vipassana meditation alternatively. another tip is to take a bath before sitting for meditation practice. its also suggested to wear fresh clothes and don't meditate with the clothes you have worn through out the day, as those clothes will be full of tired energy.

whatever is the situation. use it for deepening your meditation practice. don't identify with any thought, emotion or feeling. stay aloof. be mindful of your body sensation, thoughts and all the noises happening around you. don't block any experience. be open, accepting and watchful of everything.

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How to deal with body pain or distractions during meditation

February 2, 2016 by [amit](#)



when you start practicing sitting meditation like [watching your thoughts](#), [breathing](#) or any other meditation technique then initially there are always some distractions.

most people experience that there are too many thoughts in the mind. for some people their body becomes very stiff and their legs starts hurting. some people experience pain in body parts or they feel like itching or they experience as if some insect or an ant is walking on their body.

all these distractions during meditation practice is common. so if it is happening with you then don't worry. when you keep on walking on the path then your energy becomes more subtle and pure. your body also becomes more pure and free of negativity. so over a period of time, as your consciousness increases and your body becomes more pure, then these distractions in the body decreases.

as a meditator or spiritual seeker, its best to keep your body fit and free from any kind of negativity. the negativity could be in the form of food or emotions. so always [eat vegetarian food](#). practice yoga or pranayam to keep your body fit and charged with prana. it is also recommended to practice meditation in a comfortable position.

how to deal with body pain or distractions during meditation:

1. don't be serious about them

as mentioned before, it happens with most meditators. so don't worry and don't be serious about them. don't judge the situation. in fact it is a good situation for you to practice [mindfulness](#). so take these

distractions as a part of meditation practice and make sure that they are not able to irritate you or spoil your mood. be a witness to all the games which body-mind plays to distract your from meditation.

2. witness the body pain

when you feel body ache or itching in some part of your body. then first impulse is to move your hand and do something. don't do it. instead watch the sensation in your body. don't try to remove it or do anything about it. don't try to make yourself comfortable by moving your hands or legs. stay aloof and be still. keep on watching everything that is happening in your body and mind. witness the thoughts going on in your mind. witness the body sensations. when you watch the pain or sensation or itching in your body then half the times they will be over on its own. what is needed from your end is being mindful about them. **be a watcher and not a doer**. don't do anything except [witnessing](#).

also check – [how to remove body pain with meditation](#)

3. move consciously

sometimes the pain in the back or in the leg becomes unbearable or you feel lot of itching sensation and you have to do something. in that case when you **really** cannot resist, then move your body very slowly but consciously. be aware of your body movement and do the needful and then continue the meditation practice. **don't be fanatic** about witnessing the body pain as it can hurt your body.

remember, step 2 of witnessing the body pain is the best because it does not break the energy pattern around you. whenever you move your body during meditation practice then it breaks the intensity of meditation practice.

p.s. many times these body pains or sensation are not just distractions. it is just that you are becoming conscious of the pain which you were suppressing before. similarly lot of thoughts come when you start meditation. it is because now you are becoming more aware of your thoughts. thoughts were always there but most people become identify with them and don't realize their presence. but now, as you are becoming watchful about them. so you feel so many thoughts in the mind.

whatever is the situation, be a witness. don't allow any thing to distract you or stop you from your meditation. in fact use every opportunity to deepen your witnessing. when you will be able to bring meditation in day to day activities then your meditation will take deeper roots and soon it will flower.

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15 Tips to watch thoughts | How to witness thoughts or thinking

February 7, 2016 by [amit](#)



One of the essential step in most of the [meditation](#) techniques is to become a witness of your mind content. That is the ability to witness the thoughts, [feelings](#) as well as to become a witness to the bodily movements. Which means no thought pass by your mind without being noticed by you. Every act of yours should be done consciously and not with an unconscious robotic pattern. E.g. Gautam buddha used to walk consciously and used to take each step with full consciousness.

I agree its easy to say this but difficult to practice in real life. I am trying for last 15 years to implement this in my daily practice. But as i practice more awareness in my daily life, slowly the awareness is seeping in every act of life. Basically, it needs practice and patience. We are trying to break the unconscious pattern of hundreds of life times. So it will take time and we have to give our 100 percent to it. Witnessing is the essence of meditation and every meditator must put effort in developing his

Witnessing is the essence of meditation and every meditator must put effort in developing his [witnessing center](#). slowly as your progress in meditation then you can use [listening as meditation](#) or [eating food mindfully](#) or talking meditatively and so on. slowly try to [bring meditation in daily life](#).

I have already shared the detailed post on [how to watch the thoughts in meditation](#).

15 Tips to witness thoughts or thinking:

1. Always remember, that no thought belongs to you. At the soul level, there is utter silence or stillness. So no thought belongs to the soul. So no need to take pride or feel guilty about your thoughts. In short, don't get identify with any thought and just notice (or acknowledge) them.
2. Try to stay in present moment. Whenever your attention goes to the past or to the future then just bring your attention back to the present moment (here now). When I practice being in the present moment then I do this – I become an observer to the bodily sensations. I listen to the sounds around me. I watch my thoughts and notice wherever your attention goes. Basically, I became a passive watcher of everything which attracts my attention.
3. Don't judge your thoughts as good, bad or ugly. Just watch them as if they don't belong to you. Since they actually don't belong to you. So there is no need to [stop the thinking process](#). Your job is just to watch the thoughts. Don't interfere in the thinking process in any way. Be a distant watcher and

[never try to stop your mind](#). Lastly, don't take your thoughts, ideas and life too much seriously. Be a happy going relaxed person and it will help in the meditation a lot. Seriousness is not needed in the meditation. You need sincerity in meditation.

4. Don't involve yourself in the mind dialog. Mind love to involve you in the conversation. So just stay aloof and be a detach witness to your thinking. Watch the thoughts passively. Remember, Mind is very clever in fooling us and getting us involved in the thinking process. It will take time to notice all the tricks which our mind plays with us and fool us again and again to get involved in the train of thoughts.

5. The more you witness, more the witnessing center becomes stronger. Thus, make it a constant habit to witness all the thoughts. practice makes a man perfect. So try to meditate whenever you get any opportunity. Also, check this post – [10 occasions when you miss practicing meditation in a day](#).

6. It is natural to get identify with the thoughts of pleasure or happiness, So be watchful about this fact. Make sure that no thought pass by without being noticed by you.

7. If you forgot to witness and got involve in the mental conversation then don't feel guilty. Because to feel guilty also, there will be a thought process and here again mind is fooling you indirectly. Instead just be watchful of the mind process. In short, the moment you realize that you are not [witnessing](#) your thoughts then start witnessing the thoughts immediately without feeling guilty.

8. Avoid watching television, cinema or reading newspaper. They just add clutter to the mind. Do your worldly work or duties but don't add any non-sense to the mind which is not needed.

9. Avoid unnecessary conversations or gossips. Save your energy so that you can use this energy to go deep in meditation.

10. Thoughts are always related. one thought leads to another. Watch the whole cycle of thoughts process and that will make you more mature about the working of mind.

11. Between two thoughts there is a silence. It is more important to watch the silence than to watch the thoughts. bring your attention to the silence or gap between two thoughts more and more. feel the silence within you also, as your meditation practice deepens.

12. Never give up meditation. keep on trying. remember, for so many life times you are living unconscious life so it will take time to grow in witnessing. so have patience. [be regular in meditation](#) and have patience. Keep on walking on the path and never gives up.

13. Initially when you start watching thoughts then you will feel that your mind is full of thoughts and you might feel that meditation is actually increasing the number of thoughts in your mind. that is not true. In reality these thoughts are always there in the mind but now you are becoming aware of them. so don't worry and keep on watching the thoughts. as your witnessing will become stronger, in the same proportion your thoughts will become less and less.

14. Decide a place in your house or a room preferably, where you can practice meditation every day. So that the place gets charged with your meditative energy and it will be easier for you to go deeper in meditation.

15. Keep your house neat and in order. [dDon't clutter your house](#) with unnecessary things. Because the silence and order of your surrounding will reflect in your inner state also.

Filed Under: [meditation](#)

How to find your inner center or witnessing center



one of the **key aspect of all meditation technique is to find your inner center**. when you are centered within, then mind is no longer there, but you are there. inner centering is a state of no-mind or no-thoughts.

when you are totally centered within, then you become witness to everything going around you. you don't become identified with the thinking or with your emotions. in fact thinking slows down or is not there at all. because now you are not feeding the thoughts with your energy by getting identified. witnessing is a state of detached watcher.

how to find your inner center:

1. practice [witnessing](#) as often as you can in your day to day life. be a [witness to your thoughts](#), [emotions](#) and bodily actions like [eating](#), walking, [listening](#), talking etc. if you slow down in life then it will help you a lot. because it will be much easier for you to witness. in fact when you go deep in meditation then you automatically slow down in life. your action and your speech becomes more graceful.

2. **stillness** – another way you can indicate at inner center is stillness. when your energy within is totally **still** then also you are in no-mind state. when you are totally still then again you are there but mind is not controlling you. you have become the master of your mind for sometime. stillness is the key. gautam buddha had once said that if you can be without thoughts (no-mind state) for even 48 minutes then you will attain to nirvana (enlightenment). so in your day time practice stillness. let no situation or emotion is able to disturb you or agitate you. if something like that happen then suddenly STOP. go within and witness the situation as a detached watcher. don't miss the moment and use it for your meditation. remember, after 10 years this incident will not matter to you. but if you use this moment for meditation then it will be a stepping stone in your sadhana. so remain calm and balanced through out the day.

3. god gifted moments of no-mind

the state of no-mind happens to all of us. i would say these are god gifts to us so that we start searching him or so that we start the inward journey. the state of no-mind can happen on any unexpected situation like you are watching a sunset or you watch a rainbow or any other beautiful moment or the smile of a small child or any sudden good news. when this happens then again your mind is not there. if it happens then be in that state for as long as you can. savor the moment, let it fill every core of your being. mind has the tendency to forget these moment as soon as possible. but remember these moments again and again. because these moments are your openings to divine. but these divine moments come unexpectedly and you cannot force them. so when it happens next time then be in that state of no-mind and don't start using your mind immediately or starting doing your everyday work.

4. [develop a meditation space in your house](#)

it will help the meditation energy to accumulate in your home. thus there are more chances of having no-mind experiences.

5. focus on gap between two thoughts

for beginners in meditation it is suggested to witness the thoughts. but with time you will start seeing the gaps between two thoughts. this gap is the real thing. witness this space between two thoughts.

6. relaxation

don't take life very seriously. be more relaxed and letting go type. [meditation](#) is relaxed awareness. if you can relax your body and mind totally then you have almost reached there.

7. supportive lifestyle for witnessing

your lifestyle should support meditation. which means stay in a house (or preferably city) which is close to nature. there is not too much noise in the ethers. by etheric noise, i mean the thoughts of human beings plus the noise of vehicles and other sounds. choose a job which is not very taxing on your mental energy. be creative at your home and in your job. [choose the job which you love](#). have friends who are interested in meditation or in spirituality. read books of spiritual masters. you know all this contribute to create meditation space around you. in short, do everything which supports meditation.

8. make meditation the top priority in your life

you must be having many priorities in your life. but the one priority which is your top priority will always gets your maximum energy and attention. since you are giving maximum energy to that priority you will grow in that field. so if you want to go deep in meditation then make meditation the top most priority in your life and rest all will follow. you become, what you think. so think towards meditation. when you start practicing meditation then be a [witness to all thoughts](#) including the "thought of practicing meditation"

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What is Witnessing – Essence of Meditation is Art of Witnessing

November 4, 2014 by [amit](#)



Witnessing is the art of silently watching the mechanism of mind without getting identified with its content. Mind is a bio-computer which is continuously thinking without any break. Meditation brings a full stop to this mind activity and for some time mind gets a break from continuous thinking. This gap of no-thinking state recharges the mind and makes it more sharp. That's why meditator is bound to be more intelligent and sharp than non-meditators.

Witnessing is the essence of Meditation. Most of meditation techniques are devised so that the seeker can learn the art of witnessing or the experience of the state of no-thought or no-mind. When mind is relaxed and there is no content in it, that state is called as no-mind state. No-Mind state is a very blissful experience.

It takes time to deepen the witnessing. One has to practice [witnessing thoughts, emotions](#) through out the day. So that the mind slows down and your witnessing becomes stronger and stronger. As your witnessing increases, your consciousness will become more developed and the hold of mind on you will decrease.

Witnessing can be done by anybody. When i use the word anybody, it includes your gender, age, religion, caste, beliefs etc. So don't pay attention to any excuse of mind for not doing your meditation regularly and sincerely. You will succeed in meditation only when it becomes the top priority in your life. Don't postpone meditation for any future date, As you get older it becomes more difficult to witness thoughts, because mind hold on your life becomes more and more stronger.

Witnessing has to be done at three levels:

1. **Body Level:** Witnessing the body movements or your actions like walking, moving your hands etc. Basically every action has to be done with awareness. All body movement should be done consciously. It takes a lot of time to become aware of body movements. For most women it will be more easier to witness the body movements as they are more grounded and body conscious than men. It also depends on how much is your energy active or settled. If your energy is very grounded, relaxed or settled or in the moment, then it will be more easier to witness body movements. When i started learning the knack of witnessing then [watching the flow of my breath](#) helped me a lot.

2. **Thought Level:** [Witnessing every thoughts](#) that comes to your mind without judging or analyzing. You don't need to identify with any thought. Just watch passively as if, they don't belong to you. Don't judge them as good or bad thoughts. Just watch them and also watch the gaps between two thoughts. Most Men will find it more easier to witness thoughts than the body movements. But it varies from person to person. So either start with witnessing body movements or witnessing thoughts.

3. **Emotions or Moods:** If you are able to witness your thoughts easily then next step is to witness the emotions. You can check this post on [how to witness emotions easily](#).

Important tips for Witnessing thoughts are:

1. Don't identify with any thought. Watch the thoughts as if they are not your thoughts and which is a truth also, as no thought belong to you. At your innermost core there is absolute stillness and shunyata (zero state).

2. Let the thoughts come and go. Don't interfere with the thinking process. There is no need to stop them also. Because the more you try to stop them, more the mind will become active. [Your very effort to stop the thoughts gives energy to the mind](#) and the moment your stop interfering with the mind, it starts losing its momentum.

3. Its none of your business to analyze or judge the thoughts. Don't analyze any thought as good, bad or ugly. Just watch the thoughts.

4. Most important part is to watch the gap between two thoughts. Go deeper in this gap effortlessly. So watch the thoughts and also the silent gap between the two thoughts.

5. If you forgot the above principles and get identified with the thinking process then the moment you realize it, get back to witnessing again with out wasting a second. No need to condemn yourself for getting involved in the thinking process. Because to condemn yourself is to participate in the thought process again and that is trick of the mind to fool you again. If you feel bad why you forgot to witness

the thoughts then witness this feeling also. In short, **whatever thoughts comes just witness them without any choice**. Witnessing is always choiceless.

6. Its more difficult to watch good or happy thoughts because you are bound to get identified with them easily as they give us pleasure. So be careful about them.

7. Over a period of time, Witnessing should become part of your daily process. A mature mediator does not set aside separate time for witnessing thoughts. Wherever you are... in office, marketplace or in a restaurant you can witness your thoughts with some disciplined practice.

8. For beginners it will be very helpful if they go to a meditation camp or ashram to gain strength in their mediation practice. It is also equally important to [create a separate room or corner for meditation](#). As slowly that place starts getting charged with meditative energy and thus helps you in going deep in meditation. Please don't use that meditation space for any other purpose.

9. Have patience. Don't expect any results. Meditation should not have any ambition. Its all about witnessing your ambitions and goals.

10. Be total and [regular in your meditation](#).

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How to Witness Emotions or Feelings Easily

November 1, 2014 by [amit](#)



how to witness emotions or feelings

witnessing emotions is not easy for beginners and it becomes very difficult for them to witness emotions and stay detached. but with proper guidance and practice, one can easily stay detached and not get affected by any emotions.

in this post, i will share few tips which will be help you to witness your emotions easily:

1. before stating witnessing emotions, one should be able to witness the thoughts easily. the reason being, emotions are composed of many thoughts of similar type. so if you can witness thoughts easily, then you would be able to witness emotions also.

2. so the first step is to become aware of your thoughts all the time. keep on [witnessing your thoughts](#) without getting attached and this will develop your witnessing center and you will also learn the knack of witnessing. if you can witness thoughts easily then the next step of watching emotions becomes easier.

3. for a meditator, it is very important to be aware of his thoughts and emotions all day along. one should not set separate time for meditation. it is only recommended for beginners to set one hour separately for meditation. but as when matures in meditation then one should bring this meditative quality in day to day actions. so try to be aware of your thoughts and emotions all the time.

4. in a day, we go through many types of emotions. when one type of emotion is coming to an end and another emotion is starting... and during this transition phase, if you become aware then it will be easier for you to see the whole progress of your emotion and witness it. thats why, i insist that to watch emotions, it is important to be aware all the time.

5. another important point is that we only want to watch negative or pleasurable emotions. whenever we get a tide of happy emotion then most of us get involve in it. if you want to go deep in meditation then you have to watch all type of emotions without any attachment. be a witness to happy as well as sad emotions. if you do this then only your meditation will go deep. all emotions should be witnessed by you and remember most of the time, it is going to be the happy emotions which will make you forget your witnessing center.

6. practice makes a men perfect. persist with your meditation and give it the top priority in your life. although this may make your suffer/lose in other areas of your life but you will go deep in meditation. as a basic rule of life, whatever area of your life you want to develop, give your all energy to it and assign the highest priority to that aspect of life. if you really want to witness emotions or go deep in meditation then meditation should be the first priority in your life.

7. be sincere in your meditation as well as in your life. if you cheat anybody then you are simply cheating yourself. remember, if you are not sincere in life then you cannot be sincere in meditation also.

8. be total in meditation. that is don't hold anything back. give it your totality and rest all will follow through. never postpone meditation or doing any good deed.

bonus tip: remember whenever you move in a positive direction or on the path of meditation then many good souls try to help you. so never feel that you are alone and won't be able to make it. do you part sincerely and rest will follow through. all the best.

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How to deal body pain with meditation | Mindfulness and Pain

February 2, 2016 by [amit](#)



your body is your best friend. body always supports you. it is like a silent friend who is helping you in every possible way.

the body ask for your attention when it is absolutely needed. it never troubles you unnecessarily. it hankers for your attention only when some body part is in trouble and need more energy to heal itself.

the criteria a of healthy body is that you won't feel it and it will not attract your attention. e.g. you remember about your head when there is a headache. if your attention is attracted towards any body part then it means it needs your attention and care. so whenever you feel pain in body then that body part needs to be healed and should not be ignored.

the body pain can be healed by various ways and meditation is one of them. if you are very good in meditation then 80 to 90% of ailments can be cured by it. lets check the meditation technique to cure minor body pain which happens to all of us at times.

how to deal with body pain with meditation:

1. choose a place or room where there is least disturbance or distraction. sit cross legged or in comfortable position. close your eyes. this is done so that you can focus your total attention to the body pain.
2. now bring all your attention to the body part in pain. witness it silently. your attitude should not be of curing the pain but of just watching the pain silently, as a passive watcher witness the pain. if you try to cure the pain with your energy then you are putting effort, avoid it. just be a passive watcher. just observe the pain sensation. also [witness the thoughts](#) or [emotion](#) coming in your mind. after watching the thoughts, bring back your attention back to the body part in pain.
3. as you [witness](#) your pain, it will increase. this is because you are becoming more conscious of the pain. remember when you are totally unconsciousness then you don't come to know even if you are operated. so naturally as you become more conscious of your pain, it will increase. so don't worry about it.
4. after some time as you keep on witnessing, the pain will become more localized. you will come to know the center of the pain, the point from where it is originating. its a sign that you are doing well in watching the pain. just continue to watch the pain without trying to do anything about it. [meditation](#) is passive witnessing. so just keep on watching the pain passively.
5. if you keep on witnessing the pain then after some time it will start reducing from its peak and will disappear after some minutes. this is because you have transformed the pain energy with the help of meditation. so never suppress your emotions or pain in the body. bring them to your attention and witness them to transform their energy.

also check – [how to deal with body pain and distractions during meditation](#)

i have tried this meditation method many times and it works perfectly for minor pains. for major pains, you will have to do many sittings. however, i would also suggest you to find the cause of this pain and remove it from the source so that it does not reoccur. e.g. it could be incorrect lifestyle or incorrect body posture and so on.

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